Volume 10, Number 16 October 7-20, 1995

UCSF Newsbreak

AIDS patient to receive baboon's bone marrow

By ALLEN J. BALDERSON and ALICE TRINKL

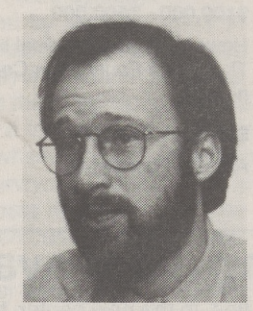
In what is true vanguard research, within the next few weeks UCSF investigators will transfuse baboon bone marrow into an AIDS patient. This combined effort by AIDS researchers at UCSF and the University of Pittsburgh will be the first time a bone marrow cell infusion from one species to another — often called a xenotransplant — has been attempted using the specific scientific approach approved for this study.

Both the FDA and the Institute of Medicine have given approval, as has the UCSF Biosafety Committee. A patient has not been selected as yet for the procedure.

While there have been significant advances in HIV treatment, mostly with antiretrovirals, such as AZT, ddc, ddi and the more recent 3TC and d4t, patients with advanced AIDS have few options and a very short life expectancy. There are no known methods for restoring a functional immune system — until possibly now.

The highly experimental treatment is designed to rebuild the patient's immune system by introducing bone marrow from a baboon, which is naturally resistant to HIV-1, the virus that causes an overwhelming number of AIDS cases around the world.

"This trial is very different from human bone marrow transplants," says Steven Deeks, a UCSF faculty member and AIDS specialist at SFGH who will perform the procedure. In traditional bone marrow transplants, the recipient's bone marrow must be removed and the immune system destroyed and then replaced with donor marrow, he explains. "This treatment, however, calls for only some of the patient's marrow to be removed. We will not be transplanting all of the baboon's marrow, but instead transfusing only immature cells." The procedure is designed to augment the patient's damaged immune system, not replace it, stresses Deeks.



Deeks

In order to "make space" in the bone marrow and suppress the body's natural rejection of the incoming baboon cells, the patient will be subjected to "sub lethal conditioning," low doses of chemotherapy and radiation over a three- to four-day period. A person with a normal immune system would be at minimal risk and the procedure could be done on an outpatient basis. In someone who has AIDS, however, this conditioning could advance the disease. The patient will be given optimal antiretroviral therapy to minimize this, according to Deeks.

Thanks to research by Suzanne Ildstad at the University of Pittsburgh, a cocktail of baboon cells has been developed — stem cells to improve the immune system and facilitating cells to help the body accept the foreign tissue. Although the role of these novel facilitating cells in bone marrow is unclear, they do reduce the risk of a fatal adverse reaction — graft-versus-host disease — thus allowing the patient's body to accept the stem cells. Ildstad first developed the technique in rodents where she transferred stem cells from mice to rats and vice versa. She has transferred them safely from monkey to monkey, baboons to monkeys and humans to baboons, all resulting in the stem cells "taking" and growing.

Stem cell infusion is not a surgical procedure. It is instead similar to a blood transfusion, and takes between 20 to 30 minutes. Cells are obtained from the baboon, processed so that only the immature cells remain and then infused into the recipient's veins.

Twenty-four hours prior to infusing the cells, Ildstad and her Pittsburgh team, including Marian Michaels, Yolanda Colson and Christina Kaufman, will take the bone marrow from the baboon and fly it to UCSF where they will process and prepare it for infusion in collaboration with the Transplantation Research Laboratory, directed by Nancy Ascher, chief of transplant services. The cells will then be infused into a vein in the patient's arm.

The patient likely will be nauseated from the conditioning received at the Moffitt/Long Hospital Radiation Oncology Unit before the infusion, not from the infusion itself, says Deeks. He or she also will have low white and red cell counts, but should recover in two to three weeks, according to Deeks.

"The transplant is not a cure for AIDS," says Deeks. "The patient will remain HIV infected and prone to opportunistic infections if the T cell count should again begin to fall."

Vital new medical field

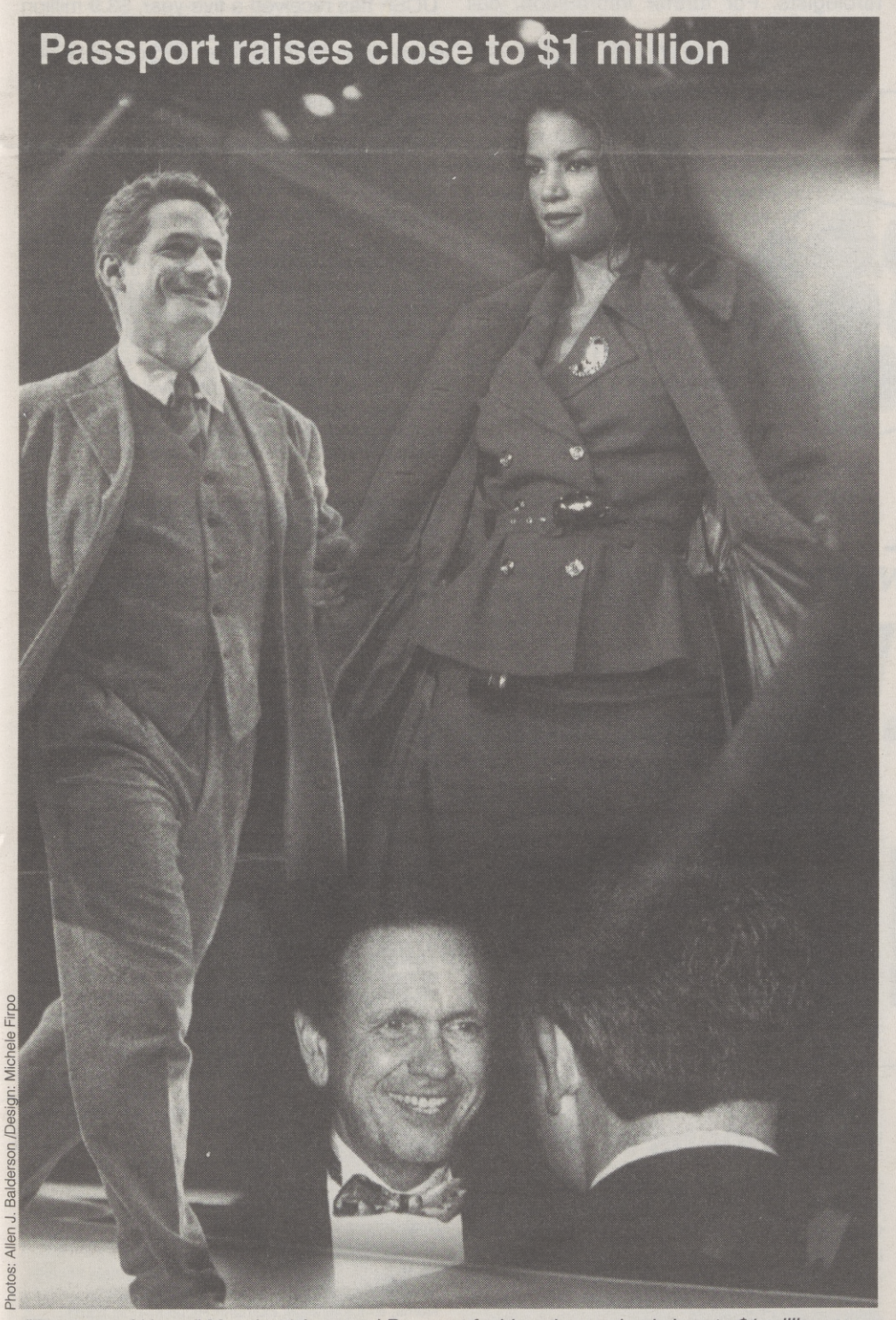
While Deeks admits that the procedure is "a long shot," it still is at the forefront of what experts view as a vital new medical field. "The experiment is risky and may fail," says Paul Volberding, director of AIDS programs at SFGH, whose leadership helped develop the protocol. "But, it has the potential to teach us much about the biology of HIV infection and its treatment."

Some scientists say the experiment could threaten public health by unleashing dangerous simian viruses, including Ebola and "foamy virus," into the general population. (Human foamy virus is found in many Africans, but does not cause disease.) However, after screening 100 baboons, the investigators have found one with minimal evidence of chronic viral infections. The baboon has evidence of prior simian Epstein Barr virus, which causes mononucleosis in humans. Even if the recipient did contract a virus from the baboon, there would be negligible risk to the public because it could only be passed by high-risk sexual behavior, says Deeks. The patient will be fully informed of these risks. There is no risk of casual or airborne transmission of a virus, such as was demonstrated in the recent movie "Outbreak."

Questions remain about why immune restoration is not possible in a patient with active HIV disease. According to Deeks, many researchers are concerned that there needs to be a functioning thymus — where T cells are nurtured — in order to have an immune system that works properly. "Because some HIV patients no longer possess a functioning

(See **BABOON** on page 2)

Passport raises close to $1 million



Photos: Allen J. Balderson /Design: Michele Firpo

"Rhythms of Hope," Macy's 13th annual Passport fashion show, raised close to $1 million, more than twice the amount it brought in last year. The event benefited AIDS programs at UCSF, California Pacific Medical Center, Continuum HIV Day Services and the Elizabeth Taylor AIDS Foundation. The show, which was held on September 21 and 22 at Fort Mason, featured top models and celebrities the likes of Olympic diver Greg Louganis, left. Among many UCSF people in attendance were Bill Kerr, Medical Center director, bottom, who is talking to Paul Volberding, SFGH AIDS Programs, before the show begins.

Tom Wachs

Page 8 ... UCSF gives first child cochlear implant

UCSF awaits word on Medicare funds

By LISA CISNEROS

Concerned that budget proposals to reform Medicare will adversely affect the nation's medical schools and teaching hospitals, academic leaders continue to ask for federal financial support in the fiercely competitive health care marketplace.

Speaking at a congressional hearing on Medicare and Medicaid in San Francisco on Oct. 2, Bruce Wintroub, executive vice dean of UCSF's School of Medicine, said academic medical centers serve as a national resource by educating future health professionals, conducting innovative and life-saving medical research and taking care of the sickest and neediest patients. Medicare reform plans being considered threaten to force UCSF to make "dire choices" in the form of program cuts, he warned.

Medicare is the only explicit payer of these academic missions in the US health care system. Under current law, Medicare pays teaching hospitals direct graduate medical education costs such as the salaries of residents and faculty; indirect costs related to specialty services and severity of patient illness; and disproportionate share money for serving the poor and elderly. Teaching hospitals also serve large segments of the Medicaid population.

At UCSF, Medicare patients account for 30 percent of its population. Direct medical education payments total $6 million. Indirect payments total $30 million and disproportionate share money totals $12.5 million annually.

One Congressional proposal to finance graduate medical education is to create a trust fund, which would include Medicare and general revenue to help offset anticipated reductions in Medicare financing. Jordan J. Cohen, president of the Association of American Medical Colleges, applauds the concept of establishing a trust fund to support teaching hospitals. "We endorse the trust fund concept because it is a constructive step toward creating the necessary architecture through which all payers of health care, and not just Medicare, might participate in supporting these highly valued social goods," he said.

Bill Kerr, director of the Medical Center, has long called for an all-payer approach to finance the clinical training of future health care providers. "Until the goal of sharing this social responsibility is achieved, current levels of Medicare funding must be maintained," he said.

But both Cohen and Kerr say specific details of the trust fund plan still need to be

(See **MEDICARE** on page 7)

Primary care program receives national award

The Primary Health Care Nurse Practitioner Program at the School of Nursing has received a national award of excellence for achievement in primary care education from the Pew Health Professions Commission. The award-winning nurse practitioner program has graduated more than 950 primary care providers since 1974 and has prepared the largest number of primary care nurse practitioner/nurse midwives in the country. The nursing school has a primary care core curriculum that includes programs in adult and family health, gerontology, pediatrics, women's health and midwifery.

Gazette

Michele Firpo

Susan Levings and Jeff Miller

Levings and Miller honored by AAMC

Susan Levings, assistant director, Office of Development and Alumni Affairs, and Jeff Miller, assistant director, Public Affairs, have received awards from the Association of American Medical Colleges. Levings received an Award of Distinction for Electronic Communications (visual), for the UCSF Capital Campaign video. Miller received awards in three categories: Publications for External Audiences for the UCSF Magazine; the Robert G. Fenley Award for Medical Science Writing for "Topic of Cancer," UCSF Magazine, November 1994; and the Robert G. Fenley Award for General Writing for the "Special Report — What UCSF Must Do to Survive and Thrive," in the October 29-November 11, 1994 Newsbreak/Medsounds.

Hughes named Kellogg fellow

Hughes

Dana C. Hughes, a senior policy analyst for the Institute for Health Policy Studies, has been named a 1995 fellow of the W.K. Kellogg Foundation.

As a Kellogg fellow, Hughes will receive a three-year $35,000 research grant to look at ways that public schools can meet the challenge of increasingly complex social and educational issues.

Hughes conducts policy research at UCSF on health issues related to low-income and other vulnerable children. She also teaches at the UC Berkeley School of Public Health.

Before coming to UCSF in 1991, Hughes worked for the Children's Defense Fund in Washington, D.C., and the Consortium of Manhattan Community Health Centers in New York.

Colon cancer screening more available

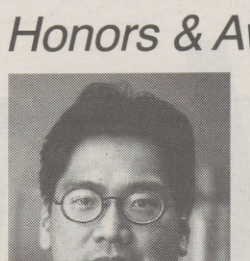
UCSF researchers have opened a new center at SFGH that should make screening tests for colon cancer more widely available to patients. The new Sigmoidoscopy Clinic will train medical residents and primary care physicians in the community in the use of a new sigmoidoscope with a high-tech design.

SFGH is the only hospital in the Bay Area and one of the few in the country to make the high-tech device routinely available to examine patients, according to Johannes Koch, clinic director.

The sigmoidoscope consists of a tube with a flexible tip that uses video fiberoptics to "see" inside the colon and detect abnormalities. In the new center, trainees will learn the procedure with a new flexible scope fitted with a black plastic sheath that is thrown out after each use. The disposable sheath shields all portions of the tube that could come in contact with the patient, thus eliminating any risk of contamination, Koch says.

The training center is a model in the move toward managed care because it will give primary care doctors the ability to perform a test that traditionally has been the province of speciality physicians — in this case gastroenterologists. For further information, call 206-4753.

Honors & Awards



Diao

Edward Diao, orthopedic surgery: Kashiwagi-Suzuki Traveling Fellow for 1996.

Frank Faulkner, emeritus, pediatrics: International Pediatric Association Medal, International Pediatric Association.

Private Support

UCSF acknowledges the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received September 1-15, 1995.

$100,000 - $500,000

Howard Hughes Medical Institute
The Japan Foundation Center for Global Partnership

$25,000 - $99,000

Arthritis Foundation

Contracts & Grants

Information on contracts and grants is made available to this paper through individual departments, researchers or the funding agency.

Michael M. Merzenich, otolaryngology: Received $180,000 from the Charles A. Dana Foundation to augment the Foundation's current support of UCSF's participation in the Dana Consortium on Language-Based Learning Disabilties. The grant will be used to develop computer-assisted learning tools and to complete a model "sound processor" for children too young to use computers.

Francis C. Szoka Jr., pharmacy; **Carol B. Basbaum,** anatomy & CVRI: Received $160,000 from the UC Systemwide Biotechnology Research and Education Program.

Christopher C. Benz, Cancer Research Center: Received $105,000 from the Susan G. Komen Breast Cancer Foundation to support a postdoctoral position in his lab.

Steven G. Kramer, ophthalmology: Received $100,000 from Research to Prevent Blindness to support research into the causes, treatment and prevention of blinding diseases.

Jeanne Kemppainen, fourth-year student, mental health, community & administrative nursing: Received $26,000 from the National Institutes of Health for "Developing a Measure of Patients' Responses to Nurses."

Publications

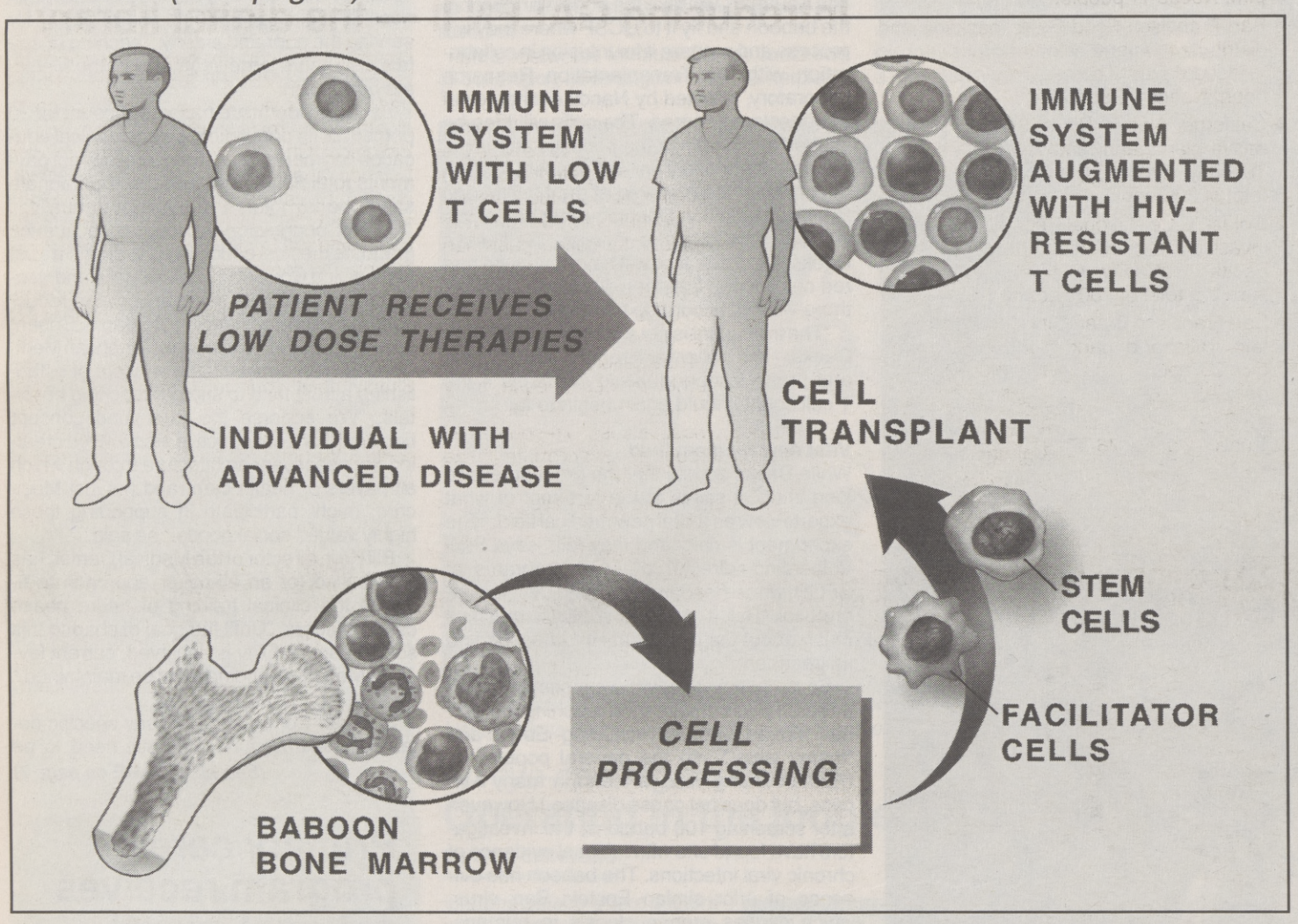
Robert S. Wallerstein, emeritus, psychiatry: Author, "The Talking Cures: The Psychoanalyses and the Psychotherapies" (Yale University Press, New Haven, CT, 1995).

City Science receives $3.9 million from NSF

UCSF has received a five-year, $3.9 million grant from the National Science Foundation to continue the "City Science" program, a joint science education reform initiative with the San Francisco Unified School District (SFUSD).

City Science seeks to reform science education at the elementary level (K-5). It addresses reform on many levels, including teachers, schools, administration, curricular materials management, and participation of the scientific community. Over the next five years, all 1,300 SFUSD elementary teachers will be involved in the initiative. "City Science turns away from a traditional textbook-based approach to science education," says Janice Low, co-director of the initiative. Instead, the program focuses on a more inquiry-based approach to achieve student learning.

Baboon *(from page 1)*



thymus, the ethical question is do we need to know this first before performing the experiment? I personally feel that we cannot afford to wait.

"A baboon marrow transplant into an AIDS patient may seem like a desperate idea on the surface," says Deeks, "but when you take a scientific, rational approach, you know it isn't."

UCSF's Internal Review Board still needs to give final approval, but this is expected soon. Contingent approval was granted last March. Several AIDS patients will be screened, including Jeff Getty of Oakland, an AIDS activist who is first on the list. To qualify, his T cell count must be lower than 75, he must have no opportunistic infections, and his bone marrow biopsy must show that he can handle the experiment.

The procedure will take place in the General Clinical Research Center at SFGH under Morris Schambelan. If successful, the treatment may lead the way for researchers to take stem and facilitating cells from baboons and harvest them without sacrificing the animals. Today at least 50 xenotransplantation protocols in the US and in Europe are waiting to see if the experiment will prove to be safe.

Gay psychiatric ward opens at SFGH

SFGH has opened a gay/lesbian/bisexual focus in-patient ward for psychiatric patients on Unit 7B. This is the first such specialized service in a public hospital, according to attending psychiatrist Orren Perlman.

Patients in the new unit are involved with twice-weekly support groups, gay-affirmative family meetings, and have a library available with gay-oriented books and periodicals. Future programming includes gay-affirmative substance abuse treatment and aftercare programs. For further information, call 206-5158.

UCSF Newsbreak

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Deadline for the next issue, which will cover October 21-November 3, will be on **Tuesday, October 10, at 11 a.m.** Please send campus news copy to Allen Balderson (476-3163 or allen_balderson@quickmail.ucsf.edu), Medical Center news to Lisa Cisneros (476-3256 or lisa_cisneros@quickmail.ucsf.edu), and calendar and gazette items to Michele Firpo (476-3257 or michele_firpo@quickmail.ucsf.edu), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If at any time, you feel you have a need to view this communication in an alternate format, please contact Allen Balderson at 476-3163 with your suggestions.

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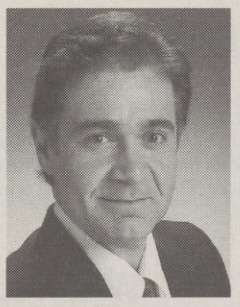
New book by psychiatrist Charles Garfield

AIDS caregivers succumbing to stress-related illnesses

By BILL GORDON

The overwhelming stress experienced by families, friends, and professionals who care for AIDS patients promises to produce an epidemic of stress-related illnesses among the caregivers, says UCSF psychiatrist Charles A. Garfield.



Garfield

Founder and the first board chair of the Shanti Project, an organization of volunteers providing emotional and practical support for patients and families facing HIV/AIDS, Garfield also assists many other AIDS agencies in this country and abroad in setting up similar volunteer-based services.

For his new book, entitled "Sometimes My Heart Goes Numb" (Jossey-Bass, San Francisco), Garfield interviewed hundreds of professionals and non-professionals who care for AIDS patients. He describes his dual role in writing the book as that of researcher and war correspondent sending dispatches from the front lines of the battle against AIDS.

Garfield's choice of a battlefield metaphor is not accidental. Just as the psychological trauma of fighting in the Vietnam war resulted in the delayed onset of post-traumatic stress disorder (PTSD) among veterans of a previous generation, the unrelenting stress of caring for AIDS patients combined with an overload of grief frequently faced by those coping with multiple deaths now promises to create an epidemic of stress-related illnesses among the caregivers, Garfield warns.

"In clinical terms, increasing numbers of caregivers suffer from burnout and stress overload, but those terms are vastly insufficient to describe what's really happening to them," Garfield says.

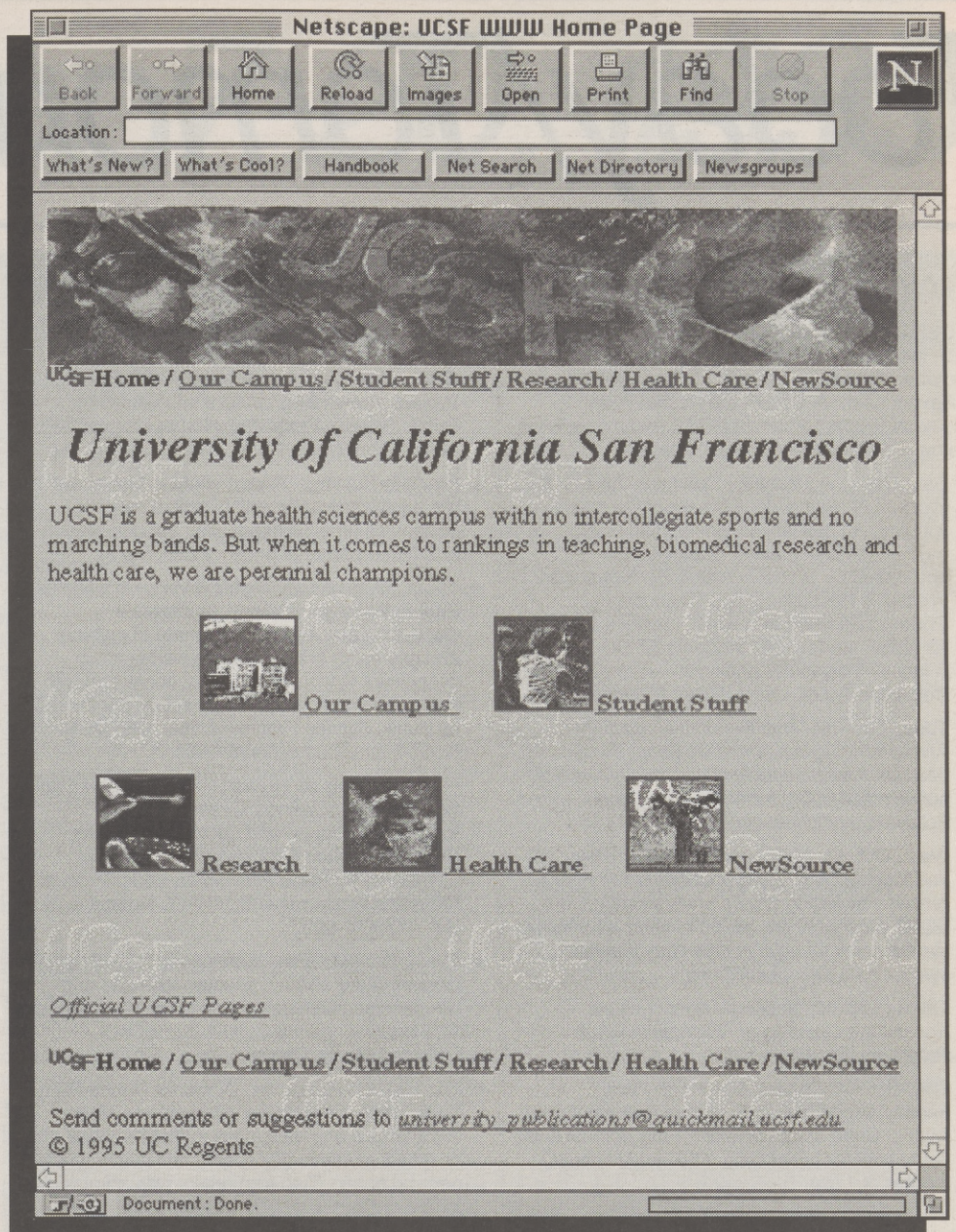
Psychiatrists and research psychologists originally applied the concept of burnout to school teachers, police officers, air traffic controllers and other populations who experienced severe stress while functioning in normal situations. The AIDS epidemic creates an extreme level of stress among caregivers who frequently return home to partners, friends, and neighborhoods severely affected by HIV/AIDS, Garfield says.

"We can't normalize a pandemic. Especially one that experts estimate will result in 30 to 110 million people with HIV disease by the year 2000. Such a situation is by definition abnormal," he says. "The clinical reactions we see among the caregivers are much closer to post-traumatic stress disorder [PTSD]. Millions of patients are being created that will further tax our health care system."

Symptoms suffered by the caregivers include depression, flashbacks, nightmares, panic attacks, and psychosomatic disorders.

Garfield compares the experience of AIDS caregivers to that of a few other groups that have suffered overwhelming and repeated loss — Holocaust survivors, the survivors of the atomic bomb blasts in Japan, and Vietnam veterans. In each case, individuals suffered multiple losses from which they had no opportunity to recover through a normal grief process before being confronted with another death.

Garfield wrote "Sometimes My Heart Goes Numb" in an attempt to deliver a warning to health care providers and government policy makers about the need to provide support for caregivers in the face of the looming impact of stress-related illnesses associated with the AIDS epidemic. He also hopes to honor the "extraordinary everyday heroism" displayed by the caregivers and to educate others about the skills they have developed.



It's on the Way

UCSF's new Internet Web site is nearing completion and should be on-line the week of October 23. The site features an entirely new and expandable information structure, colorful graphics, and special pages on everything from "The ABCs of DNA," to an updated calendar and maps of all four major UCSF sites. Those interested in seeing for themselves can find the new site at http://www.ucsf.edu.

Week of Caring projects still available

If you've been putting it off, or have just forgotten about signing up for UCSF's Week of Caring, don't worry. Even though more than 250 employees already have signed up for the campaign to run Monday, October 23, through Saturday, November 4, there still are many projects available.

No spare time? Just reach into your heart, and you'll be surprised that you probably can come up with both the time and the energy to do something as meaningful as this. Volunteering in the campaign is practically guaranteed to be a rewarding experience, and one that you will not soon forget.

What follows is a list of projects still available for you and/or your department to get involved in:

- Central YMCA: work with youth, remove graffiti, garden work and clean sidewalks, Wednesday, Oct. 25, 3:30-6 p.m. Needs 10 people.
- Diamond Senior Center: paint two small rooms. Friday, Nov. 3, 1-5 p.m. Needs six people.
- Henry Ohloff House: prepare and paint two bedrooms. Thursday, Oct. 26, 9 a.m.-4:30 p.m. Needs 11 people.
- San Francisco Food Bank: package and distribute food and help paint food barrels for food drives. Thursday, Nov. 2, 9 a.m.-noon. Needs 20 people.
- California Native Plant Society: restore native plants and remove acacia shrubs. Tuesday, Oct. 31, 9 a.m.-noon. Needs a total of 30 people.
- Golden Gate National Recreation: remove invasive non-native ice plant from sensitive habitat. Saturday, Oct. 28, noon-4 p.m. Needs a total of 100 people.
- San Francisco Clean City Coalition: maintain trails and park gardens. Monday, Oct. 30, noon-3:30 p.m. Needs a total of 40 people.

To sign-up, call Katherine Riordan, Office of Public Affairs, 476-0729, by Friday, October 13.

Introducing GALEN II — the digital library

The Library and Center for Knowledge Management is pleased to announce GALEN II, version 1, UCSF's digital library. The goal of GALEN II, as described by Brian Warling, GALEN II managing editor, "is to provide the UCSF community with integrated access to health sciences information produced locally at UCSF and throughout the world." This includes local campus information, published health sciences literature, important health sciences databases, and quality information resources available on the Internet.

GALEN II is based on the World Wide Web, the most powerful navigational tool yet developed for the Internet. As described in many recent articles, the "Web" is an Internet-based system that provides access to resources all over the world through a network of interlinked documents.

Through a single program called a "web browser," you can connect to on-line databases such as MELVYL® MEDLINE® PLUS and GenBank, view image databases, search electronic journals such as the Journal of Biological Chemistry, Science and Protein Science, and download software. GALEN II, version 1, also features electronic mail list archives, UCSF, UC and Internet telephone books and will take requests for online information and consulting services.

Accessing these resources is as simple as pointing and clicking with a mouse. GALEN II's Internet address (or URL, uniform resource locator) is http://www.library.ucsf.edu. Simply "point" your web browser to GALEN II using this URL.

For more information about GALEN II, contact Warling at 476-3308 or via email at warling@library.ucsf.edu.

TB and Molecular Epidemiology labs open at SFGH

Allen J. Balderson

At the TB lab tour, "Chip" Chambers, far right, describes the BACTEC 460 instrument, which cultures mycobacteria, to, left to right, Edith Loewenstein, daughter-in-law of Ernst Loewenstein; Philip Hopewell, chief of SFGH's pulmonary division; and Philip Rosenthal, assistant professor of medicine.

Two eagerly anticipated new infectious disease laboratories opened to great fanfare recently at SFGH. The Loewenstein Laboratory for Mycobacteriology, primarily dedicated to the study of tuberculosis, and the Molecular Epidemiology Laboratory shared a grand opening event during which Merle Sande, SFGH chief of medical services; Julie Gerberding, co-director of the SFGH Infectious Disease Epidemiology and Prevention Interventions (EPI) Center; and Henry (Chip) Chambers, co-director of the Loewenstein lab, welcomed guests and led them on a tour.

The Loewenstein lab focuses on mycobacterial research and clinical activities and will serve as a core containment lab for researchers in medicine, infectious diseases, pulmonary and clinical microbiology. The lab is named for Ernst Loewenstein, an early TB researcher and clinician who made several important discoveries, among them the development of an in vitro culture medium, an essential step furthering the diagnosis of tuberculosis and mycobacterial research.

The Molecular Epidemiology lab is part of the EPI, co-directed by Andrew Moss. Built with support from Pfizer, Inc., the lab will be directed by Francoise Perdreau-Remington, and will support the SFGH Infection Control Program in studying how pathogens are transmitted in hospitals and in the community.

Inside UCSF

A look at the VAMC

VA MEDICAL CENTER SAN FRANCISCO

Outpatient visits	**228,479**
ER visits	**6,718**
Surgeries	**3,004**
Total physicians*	**400**

Over 90% of the physicians and researchers at the San Francisco Veterans Affairs Medical Center (VAMC) are UCSF affiliates. Figures are for 1994-95 fiscal year.

*Estimate

Sources: Pat Forsyth, Gene Gibson, VAMC

Today/Tomorrow

GAY & LESBIAN HISTORY MONTH EVENTS

UCSF celebrates Gay & Lesbian History Month with the following events throughout the month of October. Events sponsored by Gay Lesbian Bisexual Assn. at UCSF, the Lesbian Gay Bisexual Student Assn. at UCSF and those listed below. Call 415/282-9650 for details.*

- Sat., Oct. 7: *A Litany for Survival: The Life & Work of Audre Lorde.* Film about the award-winning, African-American, lesbian poet, mother, cultural theorist & activist. Co-sponsored by Millberry Arts & Performances, Women's Resource Cntr., Chancellor's Endowment Fund and ASUC. Advance tickets: $2 UCSF students/$4 students/$7 UCSF staff & faculty/$9 general public. $1 more at door. Cole Hall. 7 p.m. Call 415/282-9650 for tickets.
- Tues., Oct. 10: *"The Times of Harvey Milk."* Award-winning documentary about the life and death of the first openly gay man elected to public office in California. N 225. 6 p.m. Followed by discussion.
- Wed., Oct. 11: *National Coming Out Day.* Gay and lesbian people are encouraged to educate America by letting others know who they are. UCSF personnel are asked to wear a rainbow symbol, pink triangle or other gay/lesbian symbol as a sign of solidarity.
- Thurs., Oct. 12: *National Day of Protest Against the Undoing of Affirmative Action Programs.* Saunders Court. 11 a.m.-2 p.m.
- Sat., Oct. 14: *Potluck & Hot Tub Party.* Faculty, residents, staff, alumni and friends are invited. Bring what you like for the potluck and your towel for hottubbing. 598 Belvedere St. (corner of 17th).
- Tues., Oct. 17: *AIDS Services Then & Now: Where Have We Been? Where Are We Going?* Marcia Quackenbush, AIDS Health Project. Brown Bag Lecture sponsored by Public Service Programs. Herbst Hall, UCSF/Mount Zion. Noon-1 p.m. Call 415/476-4394.

  "Paris Is Burning." Award-winning film about the originators of "voguing" tells a story of streetwise urban survival, gay self-affirmation and fierce personal pride. N 225. 6 p.m.
- Thurs., Oct. 19: *Gay Rights, Everyone's Rights.* Paul F. Wotman, attorney, facilitates a discussion about the current state of lesbian and gay rights and how these issues affect everyone's rights on the job, at home and with their partners. A Brown Bag Lecture sponsored by Public Service Programs. Rm. 125, MCB. Noon-1 p.m. Call 415/476-4394.

  Lesbian Rights as Human Rights: Report Back from Beijing. Shannon Minter, National Cntr. for Lesbian Rights, and Lucinda Ramberg, Rape Prevention Education Program. Co-sponsored by Rape Prevention Educ. Prog. & Women's Resource Cntr. N 217. Noon-1 p.m. Call 415/476-5222.
- Tues., Oct. 24: *"Forbidden Love."* Documentary about Canadian lesbians and how lesbian pulp fiction novels of the '50s and '60s touched their lives. N 225. 6 p.m. Followed by discussion.
- Fri., Oct. 27: *Halloween Costume Dance Party.* To wrap up the month's celebration come enjoy music and dancing and maybe win a prize! $2 students/$3 UCSF staff & faculty/$4 general public. Two free drinks with admission. Millberry Conf. Cntr. 7 p.m.-midnight.

7 Saturday

WOMEN'S RESOURCE CENTER WORKSHOP: *Basic Carpentry.* Women Empowering Women tradespeople teach the names and uses of hand and power tools, basic carpentry skills and safety. $45-$60. N 417. 9 a.m.-4 p.m. Call 415/476-5222.*

(Also see Gay & Lesbian History Month events.)*

LOW VISION FORUM: Kathleen Gordon, Oph., discusses general eye care and ways to keep eyes comfortable. Forums are held on the first Saturday of each month. Main foyer, ACC. 11 a.m.-1 p.m. Call Frances Neer at 415/626-5313 for information.*

9 Monday

HOSPITAL NEW EMPLOYEE ORIENTATION: LPPI Aud. 8:30 a.m.-1 p.m. Department representives call John Frank at 415/476-3001 to schedule.

BACK CARE WORKSHOP: Learn to reduce risk of injury through strengthening. Taught by a UCSF physical therapist. Free to members of Healthnet's UCSF and San Francisco Medical Groups/$15 Millberry members & UCSF students/$18 UCSF employees/$20 general public. 5:30-7:30 p.m. Call 415/476-0373 for location & details.*

10 Tuesday

WOMEN'S RESOURCE CENTER PRESENTATION: *Action for Equality, Development & Peace: Report Back from Beijing.* Amy Levine, Women's Resource Cntr., and Lucinda Ramberg, Rape Prevention Educ. Prog., present a slide show and discuss global issues affecting women, as discussed at the UN 4th World Conference on Women/Non-Governmental Organization Forum. Toland Hall. Noon-1 p.m. Call 415/476-5222.*

THE NEXT DEADLINE

Tues., Oct 10, 1995 is the deadline for items to be listed in the next calendar, which covers **Oct. 21-Nov. 3, 1995** (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Mail your copy to Michele Firpo at Box 0462, e-mail it to michele_firpo@quickmail.ucsf.edu, send a fax to 415/476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 415/476-3257. To submit articles for Newsbreak, e-mail information to Allen Balderson at allen_balderson@quickmail.ucsf.edu, fax it to 415/476-3541 or call 415/476-3163. To submit articles for Medsounds or page 6, e-mail them to Lisa Cisneros at lisa_cisneros@quickmail.ucsf.edu, fax it to 415/476-3541 or call 415/476-3256.

TEACHING AWARDS

Outstanding instructors of Med I and II students are recognized at the Tenth Annual Med I/Med II Teaching Awards ceremony. Millberry Conf. Cntr. 5:30 p.m. Call 415/664-1566.

UCSF & SF MEDICAL GROUPS/HEALTHNET PRESENTATION: *Managing Menopause.* Claudia Lutz, Nutr. & Diet., and Michele Bourgault, Med., explain how to maintain health and wellness. Co-sponsored by Women's Resource Cntr. Herbst Hall, UCSF/Mount Zion. 6-8:30 p.m. Call 415/476-0373.*

11 Wednesday

BROWN BAG LECTURE SERIES: *Future Revolutions in the Treatment of Cancer.* I. Craig Henderson, Med. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 415/476-4394.*

MEDICARE & MANAGED CARE LECTURES

Choosing a Doctor and *Understanding Medicare Managed Care.* Two free lectures by Robert Margolin, Med., & Michele O'Rourke, UCSF Integrated Practice Office. Sponsored by Planning & Marketing. Oct. 11: Lakeshore Medical Cntr., 1569 Sloat Blvd. Oct. 24: Lakeside Senior Medical Cntr., 2501 Ocean Ave. 2-4 p.m Call 415/885-3762.*

INTERVARSITY CHRISTIAN FELLOWSHIP PRESENTATION: *Telling His Story: Love in Action.* Siew-Hah Chan shares her experiences with HIV+ patients and patients with AIDS. C 258. 6-8 p.m. Call 510/665-2642 for more information.*

12 Thursday

CONSEQUENCES OF HIV

Virologic & Immunologic Consequences of HIV Infection: Setting the Research Agenda. Two-day symposium with various speakers. Sponsored by Center for AIDS Research, AIDS Clinical Research Center and Gladstone Institute of Virology & Immunology. Laurel Heights Aud. 8 a.m.-5 p.m. Call 415/476-4082, ext. 84104.*

ART SHOW & GRAND CELEBRATION

Artwork by UCSF staff and faculty displayed from noon to 6 p.m. during the Faculty/Staff Art Show on Oct. 12 & 13. Opening reception for artists on Oct. 12 at 4 p.m. is followed by the Grand Celebration, a concert featuring UCSF pianists. Millberry Conf. Cntr. Concert begins at 6 p.m. Call 415/476-6761.*

ARTS & PERFORMANCES' COLE HALL CINEMA: *Smoke.* UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8:30 p.m. (Movies subject to change.) Call 415/476-2542.*

13 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Handwriting as a Healing Tool.* Claudia McGregor helps you change your writing to redirect the course of your life. N 721. Noon. Call 415/330-5353.*

ARTS & PERFORMANCES' COLE HALL CINEMA: *Smoke.* UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9 p.m. (Movies subject to change.) Call 415/476-2542.*

14 Saturday

INSTITUTE OF HEALING ARTS & SCIENCES WORKSHOP: *The 20% Solution.* Robert Dittler helps you discover a simpler, more satisfying life for you and your family. $125 one person, $185 for two, $85 for students/seniors. 9 a.m.-4:30 p.m. Call 415/330-5353 to register.

WORKOUT IN THE PARK

Self Magazine Workout in the Park. Interactive fitness & health expo with workshops, clinics, demonstrations and blood pressure and heart rate screenings. Benefits UCSF and Golden Gate Natl. Recreation Area. Co-sponsored by Public Service Programs. $10 in advance, $15 at door. Great Meadow, Fort Mason. 10 a.m.-3 p.m. Call 415/476-4394.*

16 Monday

UCSF MEDICAL GROUP/HEALTHNET SENIORITY PLUS LECTURE SERIES: *Home & Community Injury Prevention.* Michael Radetsky, Community & Home Injury Prevention Proj. for Seniors. Herbst Hall, UCSF/Mount Zion. 10-11 a.m. Call 415/476-0373.

TOWN HALL MEETING ON SEX EDUCATION

Sex Education in the Public Schools: Kids Teaching Kids. Panelists and participants will discuss topics such as barriers to and successes with sex education, Healthy Oakland Teens (HOT) and the Manzana Project. CAPS, 6th fl., 74 New Montgomery. Noon-1:30 p.m. Call 415/597-9360.*

LIEBERMAN LECTURE

Longevity: Do We Have a Biological Clock? Leonard Hayflick, Anat. Benjamin Lieberman Memorial Lecture sponsored by UCSF/Mount Zion Center on Aging. Millberry Conf. Cntr. 5-7 p.m. Followed by reception. Call 415/750-5342.*

INSTITUTE OF HEALING ARTS & SCIENCES WORKSHOP: *Creating Mandalas and Integral Health.* Ariosto Coelho offers two workshops on mandalas and healing. $39 for one workshop, $59 for two, with 10% discount for students and seniors. $5 materials fee. Call 415/952-9453 for location.

- Mon., Oct. 16: *Learn to Draw Mandalas for Healing.* 6:30-9:30 p.m.
- Wed., Oct. 18: *Learn to Color Mandalas for Healing.* 6:30-9:30 p.m.

17 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 415/476-1073 to schedule.

RESOLVING SEXUAL HARASSMENT

Can We Work Together? Recognizing and Resolving Sexual Harassment. Trisha Brinkman, sexual harassment issues consultant. Sponsored by Women's Resource Cntr. & Office of Sexual Harassment Prevention & Resolution. N 225. Noon-1 p.m. Call 415/476-5222.*

UCSF/MOUNT ZION BROWN BAG LECTURE SERIES: (See Gay & Lesbian History Month events.)*

VIDEOCONFERENCING CLASS

Introduction to Videoconferencing. Bruce Shierloh, Videoconf. Cntr., explains this new technology and demonstrates how it can improve productivity and reduce travel. Videoconf. Cntr. 8:30-11:30 a.m. Call 415/502-6205.

18 Wednesday

CAMPUS BLOOD DRIVE

Come donate blood sometime during the day. Remember to bring personal ID. Sponsored by Irwin Mem. Blood Cntrs. & coordinated by Campus Tours/Speakers Bureau. Call 415/476-4394.

• MU Conf. Cntr. 8 a.m.-7 p.m.

You don't have to wait for a blood drive to give blood. You may donate any weekday, 10 a.m.-8 p.m., or Saturday, 10 a.m.-3 p.m., at UCSF's Blood Donor Center, L 131. For information & appointments call 415/476-6989.*

UCSF/MOUNT ZION AUXILIARY LEATHER SALE

The UCSF/Mount Zion Auxiliary presents this leather sale with prices up to 75% off retail. A percentage of the proceeds goes toward Partners for Excellence Nursing Awards. The Nosherie, UCSF/Mount Zion. 7 a.m.-4 p.m. Call 415/885-7353.*

BROWN BAG LECTURE SERIES: *Brain Plasticity.* Michael Merzenich, Keck Cntr. Integrative Neuro. Sci., discusses strategies for teaching the disabled and re-teaching the aged. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 415/476-4394.*

WOMEN'S HEALTH ACCESS & WOMEN'S RESOURCE CENTER PRESENTATION: *Women & Heart Disease.* Rita F. Redberg, Med., discusses the latest research and treatment. N 729. 5:30-6:30 p.m. Call 415/476-9293.

WOMEN'S RESOURCE CENTER WORKSHOP: *How to Develop, Promote & Market Seminars & Workshops.* Claire Silver, KPIX, explains how to make high profits by marketing your own workshop or seminar. $30-$40. C 130. 6-9 p.m. Call 415/476-5222 to pre-register.*

GREAT EXPECTATIONS PROGRAMS FOR WOMEN'S HEALTH FILM SERIES: *Understanding the Dimensions of Childbirth.* Video presentation of "Magical Moments of Birth" and discussion about the uniqueness of each birth experience. A 326. 7-8:30 p.m. Call 415/476-6667.*

19 Thursday

MISSION CENTER BROWN BAG LECTURE SERIES: (See Gay & Lesbian History Month events.)*

WOMEN'S RESOURCE CENTER PRESENTATION: (See Gay & Lesbian History Month events.)*

UCSF MEDICAL GROUP OPEN HOUSE

Meet physicians from the UCSF Medical Group. Sponsored by UCSF Planning & Marketing. Lakeshore Plaza, 1569 Sloat Blvd. 5-7 p.m. Call 415/885-7777 for lists of available physicians and health plans UCSF is partners with.*

ARTS & PERFORMANCES' COLE HALL CINEMA: *The Postman.* UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8:30 p.m. (Movies subject to change.) Call 415/476-2542.*

20 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Five-Step Cancer Prevention Program.* Learn an easy and effective program to lower your risk of cancer. N 721. Noon. Call 415/330-5353.*

ARTS & PERFORMANCES' COLE HALL CINEMA: *The Postman.* UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9 p.m. (Movies subject to change.) Call 415/476-2542.*

*Open to the public.

October 7-20, 1995

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

SATURDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Saturdays of month. UCSF/Mount Zion Cancer Center Healing Garden, 2356 Sutter. Call 415/885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 415/476-2417 or 415/476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous meeting with 12-step emphasis. Meets bi-monthly. 11:30 a.m.-12:30 p.m. Call 415/476-8279.

UCSF STAFF COUNCIL MEETING: Second Monday of month. Noon-2 p.m. Call 415/476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 415/626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mondays of month. Reservations must be made at 415/929-7114. UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 415/476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly at noon. Call 415/476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 415/759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tuesday of the month. MU 111W. Noon-1 p.m. Call 415/566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at MCB. Noon. Call 415/476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tuesday of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 415/476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or UCSF/Parnassus. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 5:30-7 p.m. Pre-registration necessary. Call 415/885-3693 or 415/388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Second Tuesday of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tuesday of month. C 130. 7:30-9 p.m. Call 415/284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wednesday of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues will be present. Call 415/282-9650 for more information.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: Open to anyone interested in learning more about psychiatric disorders & their treatments. Call Laura Deering-Mayclin at 415/476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wednesday of month. HSW 508. Noon. Call Lucia DeLeon at 415/476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call Betty Jerez at 415/476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 415/626-5633.*

T'AI CHI CLASSES. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 415/885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 415/621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 415/759-7923.*

CANCER SUPPORT GROUP — FAMILY MEMBERS: First & third Wednesdays of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 4:30-6 p.m. Call 415/885-7415.*

BREAST CANCER SUPPORT GROUP: J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 415/885-7415.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 415/332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: A twelve-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 415/432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thursday of month. Bring CPAP equipment for check-up. Call 415/885-7886.*

CANCER SUPPORT GROUP — PATIENTS: First & third Thursdays of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. Call 415/885-7415.*

LESBIAN LUNCH GROUP: Monthly on Thursdays. Call 415/476-8410.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 415/476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thursdays of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 415/885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets regularly. Production of Neil Simon's "The Good Doctor" in progress. Call 415/476-6761 or 415/476-9012 (day) or 415/821-5701 (evening).*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 415/476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thursdays. 6-8 p.m. Call 415/775-2854 to preregister.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fridays of month. Noon-1 p.m. C 254. Call 415/476-0589.

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 415/621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Friday of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call Edith Kaplan at 415/986-2305.*

For information on 12-step and support groups (other than AA and Al-Anon), call the Mental Health Association of San Francisco at 415/921-4044.*

LIBRARY CLASSES

The UCSF Library offers the following free classes held in S 165A (EC) or 222 Library (LC). Call 476-2337 for details.

- Mon., Oct. 9: *ENDNOTE® for the Mac.* (EC). 10 a.m.-noon.
- Tues., Oct. 10: *ENDNOTE® for Windows.* (LC). 6-8 p.m.
- Wed., Oct. 11: *Medline Plus II: Advanced.* (LC). 1-3 p.m.
- Thurs., Oct. 12: *Introduction to the Internet.* (EC). 10-11 a.m.
- Thurs., Oct. 12: *Medline Plus I: Basics.* (LC). 1-3 p.m.
- Thurs., Oct. 12: *MELVYL® Databases.* (EC) 1-3 p.m.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Because the service has become so popular and appointments often are filled by the time this calendar is published, we list only dates when the van will be at UCSF locations.

- Fri., Oct. 27: UCSF/Parnassus at Medical Center Way.

Upcoming Events

Women & HIV forum

UCSF's School of Medicine co-sponsors the Fourth Annual "Women & HIV Conference" to be held Thursday and Friday, Oct. 19 and 20, at the Palace of Fine Arts Theater, 3301 Lyon St. Keynote speaker will be former US Surgeon General Joycelyn Elders.

This two-day conference is intended for physicians, nurse practitioners, physicians' assistants, nurses, social workers, health educators and other health professionals involved in the care of women with HIV. Women with HIV are strongly encouraged to attend.

Conference topics include: epidemiology and characteristics of HIV infection, primary care and gynecological treatment issues, perinatal concerns, etc. The deadline to register for the conference is Thursday, Oct. 12. To receive a registration form, call the San Francisco STD/HIV Prevention Training Center at 415/554-9630.

Pharmacy awareness day

The UCSF Academy of Students of Pharmacy (ASP) is hosting a free pharmacy awareness event in Golden Gate Park's Academy of Sciences on Saturday, Oct. 21, from noon to 5 p.m. The theme of the day is the past, present and future of pharmacy.

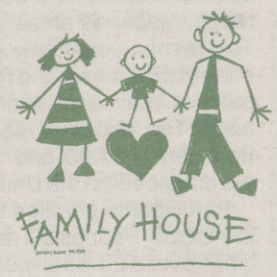
The goals of the event are to allow the public and other health professionals to learn more about the profession of pharmacy and its evolution and to provide information about over-the-counter drugs, blood pressure screening and the risks of smoking and chewing tobacco, all of which are health projects of the ASP. Displays depicting research in pharmaceutical chemistry and booths with pharmacists from various hospitals also will be part of the one-day event.

Private investigator talks

Mimi Kochuba, a private investigator with the San Francisco firm, Kochuba Raskin, will be the guest lecturer at a noontime discussion on Thursday, Oct. 26, at Toland Hall.

Attendees will learn how to find out their significant other's true financial situation, discover if he/she is having an affair, learn if he/she has done time and how to locate "deadbeat dads." This event is sponsored by the UCSF Women's Resource Center. For more information call 415/476-5222.

"Wine and Unwind"



The Mendicino Winegrowers Alliance will host "Wine and Unwind," a benefit for Family House on Friday, Oct. 27, from 6 to 9 p.m. at the Fort Mason Conference Center, located at the intersection of Marina Blvd. and Buchanan St.

Participants will be able to taste some of the finest wines from Mendocino County and bid for special getaway packages. Celebrity wine pourers include former 49er Keena Turner and local broadcasters.

This event benefits Family House Inc., which provides temporary housing for families who have children undergoing treatment for cancer and other life-threatening illnesses at the UCSF Medical Center. For more information, call 415/476-8321.

Tips on procrastination

"Overcoming Procrastination" is the title of a two-session seminar on Saturdays, Oct. 21 and 28, from 9 a.m. to 1 p.m. at the Millberry Conference Center.

The workshop will be led by psychologists Saul Rosenberg, associate clinical professor of psychiatry, and Jane Burka and Lenora Yuen, authors of "Procrastination: Why You Do It, What to Do About It." Participants will learn to use their time efficiently and manage hidden fears behind procrastination.

Early registration fee is $195. For more information and registration, call 415/255-1297.

"Week of Caring"

See page 3 for details.

"Race for the Cure"

The UCSF/Mount Zion Cancer Center co-sponsors the "Race for the Cure," a 5K run and one-mile walk to raise money for breast cancer research, education and screening. As part of National Breast Cancer Month, the event is slated for Sunday, Oct. 22, at Sharon Meadow in Golden Gate Park. Registration starts at 7 a.m. The race begins at 8:30 a.m.

The event is sponsored by The Komen Foundation, established in 1982 by Nancy Brinker to honor the memory of her sister, Susan G. Komen, who died of breast cancer at the age of 36. Since 1982, the foundation has raised more than $23.5 million and has funded more than 170 research grants. To register by phone or for more information, call 415/284-9493.

Affirmative action talk

Daniel H. Lowenstein, assistant professor of neurology and co-chair of the Chancellor's Steering Committee on Diversity, is one of the panelists at a forum on affirmative action slated for Wednesday, Oct. 25.

The forum, to be held at the Metropolitan Club, 640 Sutter St., will begin at 5:45 p.m. with hors d'oeuvres and no-host cocktails. The program starts at 6:30 p.m.

Other panelists include attorney Mark Strickman, incoming president of the Jewish Community Relations Council, and Tracy Salkowitz, executive director of the Northern Region of the American Jewish Congress and an adjunct professor of social work.

Sponsored by The Auxiliary at UCSF/Mount Zion and Mount Zion Health Systems, the forum costs $18 per person and benefits the auxiliary. Call 415/885-7354 for more information or mail a check payable to the Auxiliary, UCSF/Mount Zion, P.O. Box 7921, San Francisco, Calif. 94120.

Halloween health fair

Lots of treats are in store for those who attend the free Halloween health fair, which will feature fun and games as well as health tips, slated for Saturday, Oct. 28, from 11 a.m. to 3 p.m. at the Hamilton Recreation Center, 1900 Geary Blvd.

UCSF health experts will screen adults and children for blood pressure and diabetes and will provide information about nutrition. UCSF also will provide information about UCSF/Mount Zion teen clinics, prenatal care, substance abuse, AIDS prevention and women's health. The event is co-sponsored by PacificCare, a health maintenance organization. Several community groups will be participating in the health fair. For more information, call 415/885-7777.

On menopause

The UCSF Women's Resource Center hosts a workshop led by registered nurse Leora Myers on "Midlife and Menopause: A Fitness Plan for Life," on Saturday, Oct. 28, from 2 to 5 p.m. at the Millberry Union Fitness Center, Studio 2.

Pre-registration is required by calling 415/476-5222.

The workshop will cover the physical and emotional transitions of mid-life and menopause. Discussion topics will include hot flashes, insomnia, bone density, weight gain, heart disease and breast cancer.

Tomkins talk, concert

The Department of Biochemistry and Biophysics hosts the 20th anniversary of the Gordon Tomkins Lecture and Concert on Friday, Nov. 10, from 3 to 5 p.m. in Cole Hall.

The Tomkins Lecturer this year is Linda Schele, a noted archaeologist and linguist at the University of Texas, Austin, who is a leading decipherer of the Mayan hieroglyphic code. Her talk will be preceded by violinist Stuart Canin and pianist Paul Hersh, who will perform Beethoven's "Kreutzer" Sonata for Violin and Piano. Hersh and Canin will be joined by viola player Leslie Tomkins and celloist Tanya Tomkins to perform the last movement of the Brahms Piano Quartet in G Minor.

The concert and lecture are open to the public and will be followed by a reception at the Faculty Alumni House from 5 to 7 p.m. Seating is limited in Cole Hall, but closed circuit television viewing will be available in HSW 300 and in Carr Auditorium at SFGH. For more information, call Kathleen Raneses at 415/502-5141.

Call for proposals for intercampus academic program

The UC Office of the President announces the Intercampus Academic Program Incentive Fund (IAPIF) call for proposals.

Proposals for projects to be implemented in 1995-96 must be postmarked by Monday, Oct. 16.

The IAPIF is a three-year competitive grants program sponsored by the Universitywide Academic Planning Council and is intended to support new intercampus instructional activities, stimulate planning initiatives for such activities and support creative intercampus instructional initiatives already under way.

Proposals for IAPIF funding must involve at least two campuses and must address ways at either the undergraduate or graduate level to accelerate the discovery of opportunities for instructional collaboration.

The UCOP has committed $250,000 for 1995-96, of which $137,000 is available for projects to be implemented in the winter, spring and summer 1996. For projects requesting more than $3,000 from IAPIF, participating campuses must contribute matching funds at least equal to the sum requested from IAPIF.

Funding decisions will be made by Monday, Dec. 11. Proposals must be reviewed and approved by relevant department chairs, deans and academic vice chancellors of participating campuses. Proposals for 1996-97 projects will be accepted until March 15, 1996.

The guidelines for the proposals and summaries of 1994-95 projects selected are on the World Wide Web: http://www.ucop.edu/ucophome/planning/iapif.html. Contact Julie Gordon at (510) 987-9471 or e-mail julie.gordon@ucop.edu for more information. Guidelines and application forms may be obtained from Suzanne Klausner at (510) 987-9421 or e-mail at suzanne.klausner@ucop.edu.

Apply for grants for international study

The National Security Education Program (NSEP) offers fellowships to graduate and professional school students for international study.

The application deadline is Wednesday, Nov. 15.

The purpose of the fellowships is to encourage students to master their understanding of languages and cultures not commonly studied in the US. The fellowships are highly flexible and students design a program that meets their educational requirements and interests, although intensive language study must be the major component of the fellowship.

Proposals must span a minimum of one academic semester beginning no earlier than fall of 1996 and no later than summer of 1997, and may cover a maximum of 24 months. NSEP encourages applications from students in the sciences and other fields that traditionally have not had an international focus. For applications or more information, call 502-2962 or visit International Academic Programs at 145 Irving St., Suite 103.

UC MEXUS small grants available

The UC Institute for Mexico and the United States, UC MEXUS, offers small grants of up to $1,000 for projects related to its areas of interest — Mexico, Chicano populations, Mexican-American relations and collaborative scientific research between UC and Mexican scholars.

Allowed project categories are travel for research or planning, conference travel to present results of UC MEXUS-funded research projects, publications resulting from UC MEXUS-funded projects and conferences, visiting scholars from Mexican institutions, lecturers and performances, public service programs, and other special, one-time, short-term needs. UC employees with principal investigator status may submit proposals. Application deadline is Wednesday, Nov. 15. Contact the UC MEXUS universitywide headquarters at (909) 787-3519 or ucmexus@ucrac1.ucr.edu.

Fun Zone

Lisa Cisneros

Third time's a charm in chili cook off

It was "Red" Mangio's third try in UCSF's annual chili contest and this time he was rewarded as the judges' grand prize winner along with his culinary cohort Linda Antolin. Wearing cowboy hats, Mangio of Millberry Programs and Services, left, and Antolin of Personnel, offered their concoction dubbed, "That's Some Kind of Chili," to tasters at Laurel Heights. The EMPACT! event, sponsored this year by American Home Assurance, included people's choice award winners listed in order of their finish: Margaret Ambeau of Laurel Heights Conference Center, Daniel Rowe of University Publications, Public Affairs, Judy Burton of Design & Construction, and Mangio and Antolin. Honorable mentions went to Jose Sarmient of Nutrition & Dietetics, Tina Webb of Ob/Gyn and Betty Rockett of MCB Hospital Dispersement.

Halloween festivals

Halloween events are happening at all UCSF sites on Tuesday, Oct. 31. The festival on Parnassus will be held in Saunders Court at noon. Details will follow in the next Newsbreak.

Exhibit at de Young

"Facing Eden: 100 Years of Landscape Art in the Bay Area" is the current exhibit at the de Young Museum. Docent-led tours are available to UCSF staff and students on Fridays, Nov. 3, 10 and 17. Transportation is provided from the Parnassus campus. Entry is $10 per person. Call Karen at Arts & Performances at 476-6761 to reserve a space.

UC Blades

UC Blades, UCSF's inline skating club, is currently recruiting bladers for a hockey team. Beginners can take a free two-hour lesson offered through SkatePro Sports, a store at 27th Avenue and Irving Street, and the California Outdoor Rollerskating Association. Call 752-8776 for lessons. Discounted skate rental rates are $5 for students, $7 for employees and $14 for guests. To sign up for the UC Blades, call Alan Tower at 476-0356.

Taekwondo Club

An exciting new opportunity to study karate, the UCSF Taekwondo Club meets three times a week. Peter Bretan Jr., the club instructor, teaches guidelines of the American Taekwando Association. The club meets Mondays and Wednesdays, from 3:30 to 4:45 p.m. and Saturdays from 2:30 to 4:30 p.m. For more information call Bretan at 476-1551.

Massages on campus

Massages are available at your worksite or the Millberry Fitness Center. They also are available to patients, but approval from a physician is required. For fee information and to make an appointment, call 476-6613. For massages at the Millberry Fitness Center, call 476-1115.

Ski cabin rentals

Four cabins at North and South Lake Tahoe are available for rental weekends and midweek from December through April. Cabins have modern kitchens equipped with microwaves, coffee makers, dishwashers, etc. They also have four bedrooms sleeping at least 12 in beds, two or three bathrooms, fireplaces and central heating. Reservations begin Wednesday, Oct. 11, for UCSF students and Millberry members and Wednesday, Oct. 18, for UCSF employees and Outdoors Unlimited volunteers. For more information, call Outdoors Unlimited at 476-2078.

Medical Call Board

On breath and exercise

The departments of Physiological Nursing and Medicine are seeking participants for a study looking at treatments for shortness of breath in persons with chronic obstructive pulmonary disease (COPD). This NIH-funded study will look at the effectiveness of exercise programs on shortness of breath, exercise capacity and quality of life. Participants must be more than 40 years old, have a diagnosis of COPD, emphysema or chronic bronchitis, and experience shortness of breath with daily activities. Participants will receive free physical exams, breathing tests, exercise testing/training and education about managing shortness of breath. Upon study completion, subjects will receive $100. For more information, call the Dyspnea Research Office at 476-5375.

Nutrition, cholesterol

The School of Medicine is recruiting healthy non-smoking women ages 25 to 35, who are taking oral contraceptives, to participate in an outpatient research study investigating the effects of dietary fat and cholesterol levels on blood cholesterol levels.

For a six-week period all meals will be prepared for participants by the General Clinical Research Center kitchen staff. Participants will be served two meals a day — one in the dining room on the 12th floor of Moffitt Hospital and one will be packed for take out. During the study blood will be drawn at two-week intervals. Participants will be reimbursed $250. This study is not designed as a treatment for individuals with high cholesterol levels, but instead is looking at the effect of diet in individuals with normal blood cholesterol levels. For more information, call 476-7931.

Psoriasis treatment

The UCSF Psoriasis Treatment Center is looking for men and women with mild to moderate plaque-type psoriasis for a research study involving an experimental topical medication.

Participants must be 18 years old or older with psoriasis lesions on an elbow or a knee and at least one lesion on the upper torso or upper thigh.

Psoriasis is a non-contagious, chronic skin disorder that causes the skin to develop raised, rough, reddened areas covered with scales. The rashes commonly affect the scalp, the back of the elbows and front of the knees, but patches may appear on other parts of the body. The cause of psoriasis is unknown. Between 150,000 and 250,000 new cases are diagnosed in the United States each year.

Participants enrolled in the study will visit the UCSF Psoriasis Treatment Center nine times over a 20-week period. At the end of the study, participants will be compensated $200. For more information, call the UCSF Psoriasis Treatment Center at 476-6281.

Prostate cancer

Researchers at the VAMC are seeking men 55 or older for a seven-year prostate cancer prevention trial. Both veterans and non-veterans may be eligible.

Sponsored by the National Cancer Institute and now entering its second year, the nationwide trial is designed to determine whether the drug finasteride can prevent prostate cancer — the second leading cause of cancer deaths in American men. Half of the study volunteers will receive finasteride, already used to treat benign prostate enlargement, and the other half will receive a placebo. The drug has few or no side effects in most men, according to study director Joseph Presti, chief of urology at the VAMC.

All will have a yearly blood test and rectal exam for prostate cancer, plus a prostate biopsy at the conclusion of the study. Examinations, blood tests and medications are provided free of charge. For more information on the study, call 668-7441.

Crime Alert

Police arrest peeper

UCSF police arrested a man on Sept. 25 for allegedly peeping under a bathroom stall in a women's restroom on the first floor of Moffitt Hospital, according to Sgt. Lorin Stracke.

The suspect is described as an adult male of bi-racial Caucasian and African-American heritage with a light complexion, five feet seven inches tall and weighing about 175 pounds. He was transported to the County Jail and was charged with trespassing and other related misdemeanor violations. The suspect has been reported on prior occasions for allegedly committing similar acts and was detained on Sept. 10.

This suspect is not wanted by police at this time and is not a suspect in the recent assault in the ACC. However, if you have any additional information regarding this or similar incidents, call the UCSF police immediately at 476-1414.

Health, science books on sale

The Millberry Union Bookstore is having a sale on some of its health and science books. A 20 percent discount will be given on books by the following selected publishers: Appleton & Lange, Blackwell Scientific, Churchill Livingstone, J.B. Lippincott/Raven, Little, Brown, McGraw-Hill, Mosby-Yearbook, Oxford, W.B. Saunders, Springer-Verlag, Thieme and Williams & Wilkins. For more information, call the bookstore at 476-1666.

49er jersey a hot item

A suspect was arrested Sept. 21 after he allegedly attempted to remove a display case that housed the jersey of 49er football quarterback Steve Young from the sixth floor of the ACC, says Sgt. Stracke.

An employee reportedly observed the suspect trying to get to the jersey, which is valued at more than $1,000. UCSF police responded to the scene and the suspect, who was wearing his own 49er T-shirt, was arrested for burglary, attempted grand theft and vandalism.

Suspect still at large

UCSF police continue to look for clues in the Sept. 13 assault case in the ACC, reports Sgt. Stracke. The suspect, who reportedly beat a female employee in her office at about 8:15 p.m., is described as a white male adult in his twenties. He has short hair and was wearing a black nylon windbreaker, black nylon jogging pants and black shoes. If you have any information regarding the incident, call the UCSF police at 476-1414. To report an emergency, call 476-6911.

Medsounds Continued

Flu shots available to health care staff

'Tis the season to get influenza shots, says Suzi Goldmacher, administrative nurse of Employee Health Services.

Most commonly referred to as the flu, influenza is responsible for more than 20,000 deaths in the US annually.

The US Public Health Service and UCSF strongly recommend annual flu vaccines for all health care employees who work with patients in hospitals and clinics. Considered safe and effective, the vaccine gives healthy people a 70 percent chance of avoiding the disease.

Employee Health Services will offer free vaccine doses to Medical Center employees on a drop-in basis at its Mount Zion location at 2186 Geary Blvd. and on Parnassus at the ACC Plaza Level A, room 94B on Monday, Oct. 23 Wednesday, Oct. 25, and Fridays, Oct. 27 and Nov. 3, from 8 to 11:30 a.m. and from 1 to 3 p.m. Please note that TB skin tests and other routine immunization shots will not be given on these days.

Others who would like the vaccine, but do not have patient contact, may get them through their primary health care provider. Flu shots also are available on Tuesdays, Oct. 31 and Nov. 7, and on Thursdays Nov. 2 and 9, from 8:30 to 11 a.m. for $2 through the San Francisco Public Health Dept. at health centers 1 through 5. Here's a list of those sites:

- Health Center No. 1 at 3850 17th, near Noe. Information: 487-7500.
- Health Center No. 2, The Maxine Hall Health Center at 1301 Pierce at Ellis. Information: 292-1300.
- Health Center No. 3 at 1525 Silver Ave. near San Bruno Ave. Information: 715-0300.
- Health Center No. 4 at 1490 Mason at Broadway. Information: 705-8500.
- Health Center No. 5 at 1351 24th Ave. near Irving. Information: 753-8100.

Lisa Cisneros

Heather Voss, center, a winner of the Helen B. Ripple Scholarship Award for Nursing, gets her bouquet and bonus from Jane Hirsch, right, the new director of nursing, and Judy Venhuizen, administrative nurse III.

Nurses receive Ripple scholarship award

Heather Voss and Catherine Walsh are the 1995 recipients of the Helen B. Ripple Scholarship Awards.

The scholarship fund was set up in 1990 by the former director of nursing as a way to assist staff in their pursuit of higher education.

Voss, a registered nurse who works at the Pavilion Ambulatory Surgery Center at Mount Zion, is working toward a Baccalaureate Degree in Nursing at Sonoma State University. After that, she plans to enroll in the graduate program for family nurse practitioners.

During her free time, Voss has organized a free clinic in Marin County which she hopes to expand with other health care professionals. "This is my dream," she says. "For now, I will continue to serve those most in need, the poor, women, children and the homeless through volunteer efforts at my little clinic and through the continuation of my education for a healthier tomorrow."

After a computer job left Walsh feeling personally and professionally dissatisfied, she made a career change to health care. A senior hospital assistant on 11 Long, Walsh is enrolled in City College of San Francisco's nursing program. After becoming a registered nurse, she hopes to pursue a Baccalaureate Degree.

"Since working on an oncology floor at UCSF, I really have learned so much from my patients," she says. "They have taught me to live each day fully and to be more reflective. I also have been able to reach out and help them in ways I never thought possible. I feel I have a real gift in allowing patients to feel cared for."

Patient *(from page 8)*

ployee confidentiality in order to maintain a professional environment at the Medical Center. Results from informal surveys conducted in the elevators at Mount Zion and Parnassus to determine the extent of breaches in confidentiality show they occur most often during shift changes and while making rounds.

Health care workers should not discuss personal or clinical information about any patient when in earshot of others. Employees also should refrain from talking about their co-workers as it projects an unprofessional image of the Medical Center. To help remind staff about the importance of preserving patient and employee privacy, cards can be given out by employees to those whose overheard conversations breach confidentiality or project a negative image. The cards are just one mechanism to help convey the message about preserving confidentiality, says Alves-Rankin. For more information about patient rights and responsibilities or to offer your suggestions, please call Patient Relations at 476-9436.

Medicare *(from page 1)*

addressed, such as the proposal for the immediate termination of Medicare support for specialty training and the four-year phasing out of Medicare support for non-US citizens.

The plan to overhaul the Medicare program -- part of a Republican plan to balance the budget — is the most radical call for change in the system since its creation in 1965. Medicare, the federal health insurance program for 37 million elderly or disabled people, accounts for 10 percent of all federal spending and its rising costs will be unsustainable when the baby-boom generation starts to reach retirement.

The Congressional Budget Office said last month that the Republican plan to save $270 billion in seven years could be accomplished by curbing payments to doctors and hospitals and raising premiums and deductibles to beneficiaries. Most of the savings would come from new limits on federal payments to HMOs for elderly people already enrolled or expected to enroll in those plans.

Wintroub explained that the continued loss of Medicare funds through a payment formula that channels money intended for medical education and indigent care to HMOs is flawed. The HMOs receive these payments although they don't train health professionals or care for the poor. He estimated that the payment formula will result in a $280 million windfall for HMOs this year alone.

Debate over Medicare has been intense. Republicans say the changes are necessary to prevent Medicare's trust fund from going bankrupt in 2002. Democrats take issue with the rapid pace of redesigning and say changes would hurt beneficiaries and jeopardize academic medical centers while saving money to give tax breaks to the wealthy.

Hirsch *(from page 8)*

the struggle of our professional lives."

As part of the Medical Center's internal consulting team that reviewed operations and recommended a plan to help it compete, Hirsch says cost-cutting doesn't mean care-cutting. "All of us need to work differently because the same old way of doing business is not going to work in this new environment," she says. "We need to engage in changes that will maintain the quality of care for our patients and maintain job satisfaction for our staff."

Under the Medical Center's recently proposed new model of health care delivery through patient care teams, for which training will begin in mid-winter, nurses will play a central role in assuring continuity of care across all health care settings. "Nurses still will be responsible for patient assessment, patient education and evaluation of care, but they also will have to learn to delegate other duties to personnel and supervise them," Hirsch says.

Hirsch was named acting director of nursing in February when Helen B. Ripple resigned from the top nursing post and took a job as chief executive officer of Guam Memorial Hospital. Hirsch keeps in touch with Ripple, whom she considers a mentor. "I learned a lot from Helen," she says, describing her friend and former colleague as a "visionary" leader.

Hirsch was drawn to health care during her high school days when she worked as a file clerk and fill-in receptionist in a clinic where her father worked as an administrator.

After receiving a master's degree in nursing at UCSF in 1975, Hirsch was promoted to head nurse that year. Over the following decade, Hirsch worked as a staff development instructor, as a clinical nurse V and as a division director of nursing, a position that gave her management responsibility for a group of nine medical and surgical units with head nurses reporting directly to her. She was named associate director of nursing in 1985 and assistant director of nursing in 1989, with administrative responsibility for the Perioperative Division at Parnassus including 19 operating rooms, 22 post anesthesia beds and four operating rooms in the ambulatory surgery center.

For the past four years, Hirsch has served as assistant director of nursing for the perioperative divisions at the Medical Center on Parnassus and at Mount Zion with administrative responsibility over 34 operating rooms. Hirsch is expected to name her replacement in that position soon.

A resident of San Francisco, Hirsch lives with her husband of 16 years, Jeff Splitgerber, and their cat.

Listed in "Who's Who in the West" for several years, Hirsch has received numerous awards including the Regional Award for Excellence in Nursing Leadership from the Organization of Nursing Executives in 1994 and the Alumnus of the Year Award from the University of Missouri in 1995. She serves on various Medical Center committees, including those for ethics, quality assurance and safety, and has authored, edited and served as a consultant for several publications.

JCAHO *(from page 8)*

who is leading the effort to prepare for the JCAHO visit, has been issuing yellow bulletins or primers that highlight significant review areas that staff should know. Staff should ask to look over these primers to familiarize themselves with commonly asked questions if they have not already done so, Lima advises.

But while it's important to be able to describe and/or demonstrate the policies and procedures of environment of care standards, staff should feel free to refer to their department's environment of care manual to refresh their memory on the subject to answer surveyors' questions. Knowing where to find the answers when surveyors ask questions is not considered cheating, Lima points out. In fact, staff should know where the new environment of care manual, which replaced the safety management program manual over the summer, is kept in their department.

To help remember key safety tips, information cards, which list a few of them, will be distributed to employees later this month. These cards can be inserted into the employee identification badges to be pulled out for easy reference when needed. And although new employees are trained at their orientation about safety procedures covering topics such as infection control and injury prevention, fire procedures, etc., they are required to attend safety training each year. (See sidebar for classes.)

Employees also should know some accomplishments of the Safety Committee. Its most notable achievements include: implementing the visitor identification program for entry into the Medical Center after hours, decreasing the number of mercury spills by eliminating the use of mercury thermometers, and expanding infection control measures during demolition of the utility plant. They also may be asked to name a member of the Safety Committee. (See sidebar.)

One of the more critical areas that staff should commit to memory is what to do when disaster strikes. The Medical Center's disaster plan is called, "Operation Triage," a phrase that would be announced via overhead page when the plan is put in effect. At such a time, employees would report to their supervisors or go to the personnel pool at their work site. Personnel pools would be located in the lobby of Moffitt Hospital, the southwest corner of the ACC lobby and the LPPI Reading Room on the first floor. Disaster Control Centers would be set up in L 171 in the hospital, A 102 in the ACC and at the first floor lobby desk in LPPI. To brush up on disaster procedures, the Medical Center will conduct disaster drills on Tuesday, Oct. 17, on Parnassus and Wednesday, Oct. 18, at Mount Zion. A revised disaster manual will be distributed at Parnassus later this month.

Safety training classes

To register for annual safety training class with Environmental Health & Safety, call 476-1300. Dates and sites for upcoming classes are as follows:

Mount Zion: Tuesday, Oct. 17, at 1:15 and 3:45 p.m.; Tuesday, Nov. 21, at 7:45 a.m., 1:15 and 3:45 p.m., Herbst Hall.

Parnassus: Monday, Oct. 16, at 8 a.m., 1 and 3 p.m.; Monday, Nov. 20, at 8 a.m. and 1 p.m., LPPI Room 190.

MCB: Wednesday, Nov. 15, at 10 a.m., Room 125.

Safety Committee

Members of the Medical Center Safety Committee include representatives from both Parnassus and Mount Zion. Some Parnassus members are: Pete Balestreri, Dick Chan, Mathias Chaplin, Lynn Dow, Jane Everson, Suzi Goldmacher, Robert Hunn, Marilyn Jordan, Lois Kaye, Leon King, Cindy Lima, Earl McCowen, David Steinmetz, Don Van Acker, Sgt. David Wright, Ellie Lannen, Marty McCowen, Linda Ono, Katie Shypertt and Michele So.

When fire erupts, it may be useful for employees to remember the acronym — RACE — which stands for the steps to take in case of a blaze. The steps are: **R**escue anyone in danger. **A**nnounce fire by activating the fire alarm pull and calling UC Police at 476-6911. **C**ontain the fire by closing doors. **E**xtinguish the fire if it is safe to do so, otherwise exit! Every employee should know where the fire alarm pull and fire extinguishers are located in their area, how and when to use a fire extinguisher and when to initiate an evacuation plan. This information and other important facts can be found in the environment of care primers.

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UCSF
Medsounds

Patient rights: what you should know

Every patient that enters the Medical Center has rights and responsibilities in accordance to state code and the Joint Commission on Accreditation of Healthcare Organizations.

The Medical Center, and medical staff headed by Neal Cohen, have adopted a list of patient rights that all staff are expected to uphold. The document, "Patient Rights and Responsibilities," posted in prominent locations throughout the Medical Center, also is included in the patient orientation packet given out by the Admissions Department as well as distributed to staff. The document has been revised recently to emphasize a few areas, say Susan Alves-Rankin and Deborah Yano-Fong, co-directors of Patient Relations. Staff will receive the revised version later this month. Here are the highlights:

Patients have the right to:

- access to care regardless of their gender, race, sexual orientation, disability, etc.;
- considerate and respectful care that gives them a chance to express concerns or complaints about their care;
- information about their health care providers as well as their illness and treatment;
- participate in their care, either to accept or refuse treatment, formulate advance directives and to appoint a legal decision maker to whom all rights also apply;
- expect privacy and confidentiality concerning their care;
- expect that all Medical Center employees shall observe these rights.

Patients have the responsibility to:

- report accurate and complete information about health matters,
- report whether they understand a proposed course of treatment,
- follow the treatment plan recommended by the primary physician,
- keep appointments or notify appropriate physician or clinic,
- accept the consequences of their own decisions and actions,
- assure that their financial obligations for their health care are fulfilled,
- follow hospital rules and regulations affecting patient care and conduct,
- respect rights and property of others.

As was reported in the Aug. 26 issue of Medsounds, managers will receive a packet of information, including posters, to kick off the "Confidentially Speaking Campaign," an educational effort designed to raise employee awareness about protecting patient and em-

(See **PATIENT** *on page 7)*

Tom Wachs

Nicholas Cruz and his mother, Natalie Cruz, in their backyard

UCSF gives first child cochlear implant

By LISA CISNEROS

A profoundly deaf boy has become the first child at UCSF to receive a cochlear implant. If all goes well, he may begin to hear the sound of his mother's voice for the first time later this month.

The multichannel, 16-electrode device — which is implanted surgically — makes it possible for persons who are deaf to hear sound and even understand human speech. Called a Clarion and manufactured by Advanced Bionics, the UCSF device has demonstrated great success in adults, says Robert Schindler, otolaryngology chair and director of the Cochlear Implant Program.

The Clarion device, which employs an advanced electronic system that distinguishes it from other cochlear implants in the way that different computers possess varying levels of performance, has been used in clinical trials over the past four years in 27 adults at UCSF. More than half of these adult patients are able to use the telephone, which is an extremely high percentage among cochlear implant users, according to Schindler.

Nicholas Cruz, who is nearly three, received the device in early September. He's scheduled for a follow-up visit with Jan Larky, cochlear implant program coordinator, on Tuesday, Oct. 10. That's when the device will be turned on. Anil Lalwani, who heads the children's cochlear program, also will see him that day.

"We know that the device works because we can test that in surgery, but what we don't know is how long it will take for him to understand speech or interpret sounds," says Larky.

The only child of Natalie and Reuben Cruz of Fairfield, Calif., Nicholas was eight months old when his parents began to wonder why he did not begin to say, "mama" or "dadda." Finally at 15 months, Nicholas' hearing test confirmed what his parents already knew. "He's the only deaf person in our families and we went back four generations," Natalie says.

The Cruzes were referred to UCSF by their Fairfield doctor, who saw a newspaper article about the good outcome of an adult patient who was fitted with the cochlear implant. Reuben's mother also had a positive experience at UCSF after Schindler performed reconstructive ear surgery on her.

The Clarion represents more than 25 years of cochlear implant research at UCSF. Nicholas became the first child at UCSF to receive the cochlear implant after the FDA and the UCSF Committee on Human Research approved the clinical trials in children over the summer. After that, Larky explains, it was a matter of getting insurance authorization. But now Nicholas' case has cleared the way to expand the program to include more young patients, she says.

The cochlear device includes both internal and external components. After surgery, the device is customized for each patient by adjusting the internal electrodes for loudness and pitch range and programming them to receive different signals. The external sound or speech processor is adjusted to find the electrical pattern that is most effective in producing speech recognition and sound clarity for the patient.

In normal hearing, the hair cells transform sound waves into electrical impulses that stimulate the auditory nerve, which in turn sends them on to the brain where they are interpreted as meaningful sound. The cochlear implant bypasses the missing or damaged hair cells in the inner ear and directly stimulates the auditory nerve.

Sound waves enter the cochlear implant system through a microphone contained in the headpiece — about the size of a quarter — where they are converted into an electrical signal. The signal then travels through the cable to the speech processor — about the size of a pocket radio — where it is coded, or processed, into a distinctive pattern and sent back through a cable which connects to the headpiece, and is then transmitted across the skin to the internal receiver. Here the signal is decoded and sent to the electrode in the inner ear, which sets in motion the process of auditory nerve stimulation.

For more information on the cochlear implant program, call Larky at 476-2464.

Staff writer Corinna Kaarlela contributed to this report.

UCSF sponsors free stroke program

The UCSF/Mount Zion Center on Aging and the UCSF Stroke Service will sponsor a free community education program about stroke and how to avoid having one on Saturday, Oct. 28, from 8:30 a.m. to 12:30 p.m.

Those wishing to participate must reserve a space by Tuesday, Oct. 24, by calling 750-5342 and subsequently must also register in the lobby of the Medical Sciences building on the day of the event.

The nation's third leading cause of death and the number one cause of adult disability, stroke kills 15,000 Californians a year.

More than 50 percent of all strokes are caused by controllable risk factors, which means many strokes are preventable, says Daryl Gress, director of the UCSF Stroke Service. High blood pressure, which affects more than one in three adults, is a leading risk factor of stroke and can be successfully treated through diet and exercise or daily medication.

Heart disease, specifically atrial fibrillation or "heart flutter," is another major cause of stroke, and also can be treated with daily medication to lower stroke risk. Other controllable risk factors are cigarette smoking, alcohol abuse, obesity, high cholesterol, and physical inactivity.

According to the National Stroke Association, a recent survey found that 97 percent of adults age 50 and over could not name a single stroke warning sign, and over half could not identify any of these controllable risk factors.

"We have had previous programs on stroke prevention which were very well attended. We believe the public wants to know about this health issue and hope that people will take advantage of the opportunity to find out more about stroke by attending the free October program," says Mary Henderson, educational coordinator for the Mount Zion Institute on Aging, part of the UCSF/Mount Zion Center on Aging.

UCSF stroke specialists, nutritionists and education professionals will be on hand to talk about the causes of stroke, cutting edge stroke research, diet, and risk factors. UCSF nurses will be available to check participants' blood pressure and measure heart rhythm.

Lisa Cisneros

Jane Hirsch

Medical Center names Jane Hirsch director of nursing

By LISA CISNEROS

A national search for a director of nursing has ended with a tap on the shoulder of longtime UCSF Medical Center nurse and administrator Jane Hirsch.

The UC Board of Regents is expected to approve the appointment of Hirsch, who is now acting director of nursing, when it meets at Laurel Heights later this month.

"We are very fortunate to have an individual with Jane's capabilities and experience to fill this extremely important management position," says Bill Kerr, director of the Medical Center.

Fresh out of the University of Missouri, where she earned a bachelor's of science in nursing, Hirsch came to UCSF as a staff nurse in 1971 and worked her way up the ranks to hold three different assistant director positions.

"I've had incredible opportunities here," Hirsch says. "UCSF has always been a very stimulating and challenging environment."

The greatest challenge for the academic medical center right now is adapting to managed care — as health maintenance organizations and insurance companies pay hospitals less for caring for their enrollees and the shift from inpatient to outpatient care brings in less revenue, Hirsch says. "I think we're in for

(See **HIRSCH** *on page 7)*

JCAHO to check health care environment

Editor's Note: This is the third of a three-part series on what to expect this fall during the JCAHO/CALS survey. This story focuses on the new environment of care standards.

By LISA CISNEROS

A team of surveyors will visit the Medical Center next month to evaluate the institution's environment of care management which seeks to provide a functional and safe place for everyone.

Environment of care is a term used to describe not only the physical characteristics of the hospitals, clinics and offices where patients, health care workers and others interact, it also encompasses the policies and procedures related to protecting them in these settings.

Environment of care standards are among those that will be scored by surveyors from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and Consolidated Accreditation and Licensure Survey (CALS) when they visit the Medical Center and LPPI from Monday to Thursday, Nov. 6 to 9.

In a dramatic departure from previous reviews, the surveyors are expected to randomly interview staff at all levels on all aspects of their environment, including safety, fire safety, security, hazardous materials, emergency preparedness, medical equipment and utility systems.

"It's important for staff to understand the environment in which they are providing care and know how to work safely and to properly respond to emergency issues," says Lima, safety officer and assistant director of the Medical Center.

As a general rule, if an employee doesn't know the answer to a particular question, it is better to respond, "I will ask my supervisor," than to say, "I don't know."

Eunice Little, director of Quality Services,

(See **JCAHO** *on page 7)*